



Worship is expressing our praise and admiration to God for who He is and for all He has done in our lives. In Psalm 34:3, the psalmist says, “*O magnify the Lord with me, and let us exalt His name together.*” Corporate worship is Christians coming together to magnify the Lord – to make Him larger.

In that sense, worship is a matter of adjusting our focus and perspective. Consider for a moment the difference in size between a nickel and the sun. The sun is the largest object in our solar system, billions of times bigger than an ordinary nickel. Yet you can place a nickel directly in front of each eye and completely block out the sun. At close range, the nickels fill your vision, making it impossible to see anything else.

The same thing happens with our daily problems. Every day, problems with our jobs, our families, our health, and a variety of other things fill our vision. They block out our view of God because they seem much larger than they really are. The result is unnecessary stress, anxiety, and insecurity.

We need a time every week when we shift our focus and regain perspective. Instead of looking at our up-close-and-personal problems, we need to see God for who He really is. That’s what worship can do for us. In our lives, worship is a source of spiritual refreshment. Every Sunday, no matter how stressful your week has been or how many problems you have been facing, you can be refreshed by being with God’s people in worship in God’s house.

When we worship God, we’re focusing on Him rather than our problems. We’re thinking about His power, His wisdom, and His forgiveness. And the larger God becomes in our vision, the smaller our problems become. That’s just one (of many) reason(s) worship is so vital for our spiritual health. It’s a time for us to come together to focus on the greatness of our God.

Make worship a priority in your life and experience God’s care for you and your spiritual health and growth in faith.

Pastor Godfrey